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Nota di contenuto	Chapter 1. Introduction to Esports Nutrition -- Chapter 2. Cognitive Performance and Nutrition in Esports -- Chapter 3. Physical Health and Nutrition for Esports Athletes -- Chapter 4. Hydration Strategies for Esports Performance. - Chapter 5. Nutrition and Recovery in Esports -- Chapter 6. Dietary Supplements for Performance Enhancement in Esports -- Chapter 7. Meal Timing and Nutrition for Tournaments in Esports -- Chapter 8. Special Nutritional Considerations for Female and Special Populations in Esports -- Chapter 9. Energy Balance, Weight, and Behaviour Change in Esports -- Chapter 10. The Future of Nutrition in Esports – Integrating AI, Personalized Diets, and Holistic Approaches.
Sommario/riassunto	This book provides an essential resource for understanding how targeted nutritional strategies can enhance cognitive and physical performance in competitive gaming. As esports continues to grow, players face unique challenges that require specialized nutritional approaches to optimize their skills. Chapters cover essential topics

such as the impact of nutrition on cognitive functions including concentration, memory, and reaction time, as well as the physical demands of gaming and how nutrition can support muscle endurance and injury prevention. Readers will discover hydration strategies essential for mental and physical endurance, as well as an analysis of performance-enhancing substances such as caffeine and supplements. With unique insights into AI-driven personalized nutrition and tailored advice for female gamers, this book offers a holistic approach to esports nutrition. Combining the latest research and practical applications, this book is an invaluable resource not only for esports athletes, coaches, sports nutritionists, and healthcare professionals, but also for researchers interested in the intersection of nutrition, technology, and performance in competitive gaming.

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